## What is claimed:

1. An optical fiber provided with a refractive index profile having a central core; a middle part provided around the outer periphery of said central core and having a lower refractive index than that of said central core; and a cladding provided around the periphery of said middle part and having a higher refractive index than said middle part and a lower refractive index than said central core; wherein

said optical fiber has an effective core area of 120  $\mu m^2$  or more in an employed wavelength band selected from the range of 1.53~1.63  $\mu m$ , and has a cut-off wavelength that is capable of substantially single mode propagation in said employed wavelength band.

- 2. An optical fiber according to claim 1, characterized in that the effective core area is  $140 \, \mu m^2$  or more.
- 3. An optical fiber according to claim 1, characterized in that the bending loss is 100 dB/m or less.
- 4. An optical fiber according to claim 1, characterized in that the bending loss is 20 dB/m or less.
- 5. An optical fiber according to claim 1, characterized in that the effective core area is 120  $\mu m^2$  or more, and the increase in the sandpaper tension winding loss is 10 dB/km or less.

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- 6. An optical fiber according to claim 1, characterized in that the effective core area is 120 km² or more, and the increase in the sandpaper tension winding loss is 1 dB/km or less.
- 7. An optical fiber according to claim  $^{1}$ , characterized in that the effective core area is 120~150  $\mu m^2$ , and the increase in the sandpaper tension winding loss is 0.3 dB/km or less.
- 8. An optical fiber according to claim 1, characterized in that, when the radius of the central core is designated as  $r_1$  and the radius of the middle part is designated as  $r_2$ , then  $3.0 \le r_2/r_1 \le 5.0$ , and, when specific refractive index differences for the central core and the middle part are designated as  $\Delta_1$  and  $\Delta_2$  respectively where the refractive index of the cladding is taken as the standard, then  $\Delta_1$  is 0.30% or less and  $\Delta_2$  is -0.05~-0 15%.
- 9. An optical fiber according to claim 8, characterized in that  $\Delta_1$  is 0.26% or less.
- 10. An optical fiber according to claim  $\delta_{\star}$  characterized in that  $\Delta_2$  is -0.05~-0.15% or less.

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- 11. An optical fiber according to claim 1, characterized in that a ring core is provided in between the middle part and the cladding, said ring core having a higher refractive index than that of said middle part and said cladding, and a lower refractive index than that of the central core.
- 12. An optical fiber according to claim 1. characterized in that,

when the radius of the central core is designated as  $r_1$ , the radius of the middle part is designated as  $r_2$ , and the radius of the ring core is designated as  $r_3$ , then  $3.0 \le r_2/r_1 \le 4.0$  and  $4.0 \le r_3/r_1 \le 5.0$ , and,

when the specific refractive index differences for the central core, the middle part, and the ring core are designated as  $\Delta_1$ ,  $\Delta_2$  and  $\Delta_3$  respectively where the refractive index of the cladding is taken as the standard, then  $\Delta_1$  is 0.35% or less  $\Delta_2$  is 0~-0.2%, and  $\Delta_3$  is +0.05~+0.2%.

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13. An optical transmission system characterized in that a dispersion compensating optical fiber is disposed to the side of the optical fiber according to claim 1 at which the optical signal is emitted, said dispersion compensating optical fiber compensating one or both of this optical fiber's wavelength dispersing value and dispersing slope.

14. An optical transmission system according to claim 13, characterized in that the dispersion compensating optical fiber is provided with a core and a cladding that is provided around the outer periphery of said core, said core consisting of a central core having a higher refractive index than said cladding, a middle part that is provided around the outer periphery of said central core and has a lower refractive index than said cladding, and a ring core that is provided around the outer periphery of said middle core part and has a higher refractive index than said cladding; wherein:

when the radius and the relative refractive index difference, with the cladding taken as the standard, for the central core, middle part, and ring core are designated as  $(r_1, \Delta_1)$ ,  $(r_2, \Delta_2)$  and  $(r_3, \Delta_3)$ , respectively, then  $r_1$  is 2~3  $\mu$ m,  $\Delta_1$  is 0.9~1.5%,  $\Delta_2$  is -0.35~-0.45%,  $\Delta_3$  is 0.2~1.2%,  $r_2/r_1$  is 2.0~3.5, and  $r_3/r_4$  is 3.0~5.0;

a cut-off wavelength is provided that is capable of substantially single mode propagation, in which the effective core area is 20  $\mu\text{m}^2$  or more, the bending loss is 40 dB/m or less, and the wavelength dispersion is -65~-45 ps/nm/km, in an employed wavelength band selected from the range 1.53  $\mu\text{m}^2$ 1.63  $\mu\text{m}^2$ 1.63

the dispersion slope compensation ratio is in the range of 80~120% when compensating said optical fiber with a length of the dispersion compensating optical fiber capable of

compensating to zero the wavelength dispersion of the optical fiber to be compensated.

- 15. An optical fiber according to claim 18, characterized in that the dispersion compensating optical fiber has effective core area being 25  $\mu m^2$  or more.
- 16. An optical transmission system according to claim 13, wherein the average wavelength dispersion value when an optical fiber and a dispersion compensating optical fiber are combined is in the range of -6~+6 ps/nm/km.